

Free online workshop series for adults with chronic pain.

Living Well with Chronic Pain - Thurston

Learn ways to manage your chronic pain with:

- Action planning
- Medication management
- Making informed decisions
- Pain & fatigue management
- Working with your health care system
- Future health care planning
- Ways to improve healthy eating and physical activity



Register online at

www.surveymonkey.com/r/ThurstonChronicPain

or

Contact Lesley Price: (360) 480-4654

Lesley.Price@co.thurston.wa.us

Online Workshop Series

Tuesdays, October 5 - November 16, 2021

9:00 - 11:30 AM

Workshops held on Zoom with breaks
throughout each session

Includes a *Living a Healthy Life with Chronic Pain* book



The Living Well with Chronic Pain - Thurston workshops are offered by Thurston County Public Health and Social Services under a licensed agreement with the Self-Management Resource Center.

This project was supported in part by grant number 90CSSG0029-01-00 from the U.S Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201